

NEWCASTLE-UPON-TYNE

BOROUGH

Pauper Lunatic Asylum.

SECOND ANNUAL REPORT,

1866.

NEWCASTLE-UPON-TYNE :

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1867.

A LIST
OF THE
COMMITTEE OF VISITORS
FOR THE YEAR 1866.

Committee :

1. THOMAS HEDLEY, Esq., CHAIRMAN.
2. RALPH DODDS, Esq.
3. ANTHONY NICHOL, Esq.
4. ROBERT PLUMMER, Esq.
5. JOSEPH POLLARD, Esq.
6. JOHN BLACKWELL, Esq.
7. THOMAS WILSON, Esq.
8. JOHN LIDDELL, Esq.
9. HENRY PARKER, Esq.

Clerk to Committee :

JOHN ATKINSON, SOLICITOR, 86, PILGRIM STREET, NEWCASTLE.

Medical Superintendent :

HUGH GRAINGER STEWART, M.D.

Chaplain :

REV. J. J. DAY, M.A.



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TO HER MAJESTY'S JUSTICES OF THE PEACE .

FOR THE

Borough and County of Newcastle-upon-Tyne,

IN SPECIAL MEETING ASSEMBLED,

*At the Office of the Clerk to the Committee of Visitors, on the
22nd Day of January, 1867.*

THE Committee of Visitors of the Newcastle-upon-Tyne Borough Pauper Lunatic Asylum have, in pursuance of the provisions of the 62nd section of the "Lunatic Asylums Act, 1853," to make their Second Annual Report to the Bench, as to the state, condition, and management of the Institution, and the progress of the building of the New Asylum at Coxlodge.

On the 31st December, 1866, the number of Patients on the books was as follows:—64 males and 64 females—total, 128, being an increase of 18 as compared to that of the previous year. Of these, 47 males and 48 females—total, 95—are confined in the temporary Asylum at Bensham; and 17 males and 16 females—total, 33—are at the Farm Ward at Coxlodge. Of these 116 are chargeable to the Union, and 2 to the Borough Fund, as Criminal Pauper Lunatics.

The admissions during the past year have been 47, the discharges 18, the deaths 11, and one patient has been transferred to the Government Asylum at Fisherton, under a warrant from the Secretary of State, as a dangerous Criminal Lunatic.

During the past year, the Committee have completed the alteration of the Farm Buildings on the land purchased for the New Asylum at Coxlodge, and most excellent accommodation has been provided for about thirty Patients; the Patients sent there are carefully selected from the harmless chronic cases by the Medical Superintendent, and are visited by him daily. The females are employed in the laundry, and all the washing for the Institution is done there, the men for some time past have been usefully employed in trenching, and laying out the land for the planting round the estate, so strongly recommended by the Commissioners in Lunacy in all their reports.

This additional ward at Coxlodge, relieved for some time the overcrowded state of Bensham Asylum, but owing to the continued increase in the number of admissions, the Asylum at Bensham is again becoming overcrowded. It is evident that additional accommodation will have to be provided before the new Asylum can be completed, the Committee are unwilling to incur any but the most necessary expenses upon the alteration or enlargement of the Asylum at Bensham, and they hope by a few judicious changes to make this Asylum, with the accommodation provided at Coxlodge, sufficient for the requirements of the Borough until the completion of the new Asylum.

In consequence of the high price of provisions, and the payment out of the maintenance fund of the annual rent of £400 to Mr. Glenton, for the Bensham Asylum, and the extra expense necessarily incurred in the management of the two separate establishments, the Committee have not been able to reduce the cost of maintenance below fourteen shillings per week for each Patient, being the same amount as was paid to the Committee of Visitors of the Durham County Asylum at Sedgfield, and less than that paid to Mr. Garbutt, of Dunston Asylum, under their contracts for the reception of the Borough Patients, previous to the opening of the Asylum at Bensham.

To the regret of the Committee, Dr. James Chrichton Browne, who had filled the office of Medical Superintendent since June, 1865, to the entire satisfaction of the Committee, resigned his situation in July last, on his appointment as Medical Director of the West Riding of Yorkshire Pauper Lunatic Asylum at Wakefield. The Committee have succeeded in finding an efficient substitute in Dr. Hugh Grainger Stewart, who was elected in August last, and who for several years had been Assistant Physician at the Chrichton Royal Institution at Dumfries, and with whose conduct since his appointment here the Committee have full reason to be satisfied.

The Committee continue to visit the Asylum once a month, and examine the state and condition of the premises, see, as far practicable, every Patient confined therein, and examine into the management and superintendence of the Institution, as required by the Act of Parliament.

The Committee have every reason to be satisfied with the management. The house and all the apartments are kept clean and orderly, and the inmates are employed according to their several tastes and abilities.

The difficulties of management during the past six months, have been increased by the change in the Medical Superintendent, and a consequent change amongst the Attendants,

several of whom Dr. Stewart found it necessary to discharge. The Committee hope by a slight increase in the scale of salaries, to secure the services of proper and efficient Attendants and Nurses.

The Asylum has also been conducted to the satisfaction of the Commissioners in Lunacy, who visited the Institution on the 21st July last, as will be seen from their report which is appended hereto.

The Chaplain continues to perform Divine Service at the Asylum every Wednesday, and as many of the Patients as are able are allowed to attend the Service at Bensham Church, and also at Gosforth Church, every Sunday, under the charge of the attendants; and prayers are read by Dr. Stewart, in the Asylum, on that day, to those who are not able to go to church.

A set of rules, for the government of the Asylum, has been prepared, and received the approval of the Secretary of State, a copy of which is appended to this report.

The Committee have received a report from the Medical Superintendent, which contains all particulars relating to the Asylum, and which, along with the usual statistical tables, and a financial statement of the expenditure of the maintenance fund for the year, is also appended to this report.

In reference to the progress in the building of the new Asylum, at Coxlodge, the Committee beg to report that, after having great difficulties in arranging with the contractors for the execution of the works, the following tenders were ultimately accepted, viz. :—

For the Excavation, Mason, and Brick Work—

Mr. Walter Scott, Contractor, Newcastle, at	£14,757	0	0
„ Joiner and Carpenter Work—Mr. Joseph White, Morpeth	7,528	0	0
„ Plumber Work—Mr. Henry Watson, New- castle	1,786	14	0
„ Slating Work—Messrs. Daubar & Son, Sun- derland	1,041	15	4
„ Plaster Work—Messrs. Johnson Brothers, Carlisle	1,039	9	0
„ Glazing Work—Messrs. Richardson & Co, Newcastle	304	12	0
„ Iron Work—Messrs. Close, Burlinson & Co., Sunderland	470	10	0

Total Amount of Contracts . £26,928 0 4

It is a matter of great regret and annoyance to the Committee, that the strike amongst the stonemasons and the

builders arrested for some time the commencement of the works, and with the exception of the foundation work (owing to the continuance of the strike), comparatively little progress has been made in the building during the past year.

This delay, besides contributing greatly to the inconvenience experienced by the Medical Superintendent, in the treatment of the Patients at Bensham, causes a considerable increase in the expenditure in the maintenance fund.

Progress has been made in the formation of a new approach road, on the west side of the estate, to the Farm Ward Buildings. Part of the land has been drained, and a plan for the laying out of the grounds prepared by Mr. John Hancock, at the request of of the Committee.

The cost of the alteration of the Farm Buildings, and of the various works in connection with the undertaking, and also of the furniture required for this building, and the Asylum at Bensham, has been considerable, but not more than was necessary to make them suitable for the reception of the Patients, and to supply the requirements of such an Institution.

The Council of the Borough, in November, 1865, ordered a special rate for raising the money required for Building the Asylum, and arrangements were made with the Public Loan Commissioners for an advance of £30,000, upon security, of the rate of which £20,000 has been received by the Treasurer; and the Committee have expended £18,726 3s. 3d., leaving a balance of £1,273 16s. 9d. in hand on the capital account up to the 31st of December, 1866.

Appended to this report is a summary of the capital account, showing the heads under which this expenditure has occurred.

THOMAS HEDLEY,

Chairman to the Committee of Visitors.

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SUMMARY OF CAPITAL ACCOUNT.

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1865.		
By Purchase of Land at Coxlodge, and Interest on Purchase Money	{ }	£ s. d. 10,282 3 0
" Alteration of Farm Buildings at Coxlodge to tem- porary Asylum, and Surveyor's Fee for checking Builder's Account	{ }	2,252 12 0
" Payments to Contractor for Excavation, Mason, and Brick Work for New Asylum	{ }	1,300 0 0
" Payment to Contractor for Carpenter Work	{ }	350 0 0
" Payment to Contractor for making New Approach Road	{ }	255 11 5
" Farm—Permanent Improvements	{ }	137 10 4
" Drainage of Land, do.	{ }	164 8 9
" Furniture, Fittings, &c., for Asylum	{ }	2,090 19 1
" Drapery, Bedding, and Stock of Clothing for Asylum Printing, Advertising, Stationery, &c.	{ }	1,183 8 3
" Rates and Tithes, &c., on Land	{ }	132 4 1
" Repairs at Bensham Asylum	{ }	41 2 4
" Salary of Clerk of Works	{ }	185 5 6
" Salary of Clerk to Committee	{ }	97 10 0
" Salary of Treasurer	{ }	100 0 0
" Payment to London Solicitors on Mortgage of Rates, &c.	{ }	30 0 0
" Expenses on Laying Foundation Stone of Asylum at Coxlodge	{ }	28 13 3
" Miscellaneous Expenses, Postage, &c., &c....	{ }	60 13 6
" Balance in hand	{ }	34 1 9
		1,273 16 9
		£20,000 0 0

Report of the Commissioners in Lunacy.

NEWCASTLE-UPON-TYNE BOROUGH ASYLUM,

(BENSHAM AND COXLIDGE FARM)

21st July, 1866.

We have to-day gone over the whole of the premises at Bensham and at Coxlodge Farm, accompanied by Dr. Browne, and have seen all the Patients excepting two : a man, a criminal Patient, who effected his escape some months ago, and has not yet been retaken ; and a woman, who is absent on leave. The numbers seen by us were—at Bensham, 92 ; and at Coxlodge, 32 ; being 46 of each sex at the former place, and 16 of each sex at the latter.

They were all very quiet, and, with few exceptions, in a proper condition as to dress and personal appearance ; the more quiet and industrious having been selected for residence at the Farm, where good domestic furniture has been introduced, and the accommodation is altogether suitable and cheerful. What was noticed at the last visit as having been done at Bensham has been done here in more favourable circumstances ; and when the walls are dry enough to admit of papering and painting, excellent provision will have been made for the comfort of the inmates. The neatness and order of the dormitories, the supply of everythings needful for the sick, and the sufficiency of means for personal cleanliness, deserve to be particularly mentioned.

The reduction of the number of inmates at Bensham has considerably improved the men's accommodation there ; and since the last visit additional efforts have been applied, not unsuccessfully, by means of fresh furniture, papering, and painting, to diminish the discomfort of the old building. Similar efforts on the female side have been less successful, owing to the insuperable structural difficulties ; but much credit is due to Dr. Browne for the persevering endeavour he makes under circumstances not encouraging. The prospect of an early completion of the new Asylum to be built on the Coxlodge estate is less hopeful than it was a year and a half ago. The continued strike of the masons and builders arrests all the works, excepting such labour at the

foundations of a part of the building as can be supplied by five non-union men. It is clear, therefore, that additional accommodation will have to be found; and that, considering the difficulty as to the needful supervision for more than a limited number at the Farm, a portion of it at least will have to be devised in the way of addition even to Bensham, which should be as cheap and inexpensive as possible. Enlargement of the Farm Buildings is so desirable in itself that it will doubtless receive attention from the Committee; but Dr. Browne should be carefully consulted as to the limit to which it would be desirable to carry it, under the present very unfavourable prospect of the General Building.

The state of the bedding throughout both divisions at Bensham was excellent; but nothing can be more unsuited to their purpose than portions of the old house now principally used as female dormitories, and the bad ventilation does not admit of remedy. Some amusements for the Patients have been introduced into the airing courts; but it has not been found possible to plant them. What in this respect was suggested at the last visit, however, has been carried out at the Farm Buildings, where, in this and other ways, the labour of the male Patients has been made available. Here, indeed, there is only one exception to the regular daily employment of all the Patients of both sexes—the exceptions from the working Patients at Bensham being 13 among the men, and 15 among the women. Sixteen male Patients were at work in the garden outside when we arrived, and nine were in the workshops tailoring and shoe-making, the majority having been taught those trades.

Attention continues to be given to out-door exercises and recreation, and increased numbers appear to join the parties mentioned in the last entry. The dinner to-day was soup of good quality, with bread and cheese and beer, and we saw it neatly served in the men's division. The Chaplain attends on Wednesday, as usual; prayers are read in the wards, and from 9 to 11 of each division go to the parish church. As to other matters of statutory enquiry, we have to add that since the last visit there has been no restraint, and that the seclusion has been limited to five instances, applicable to four patients, the longest period being six hours. The health at present is good, and there has been no disorder lately of an epidemic kind. Ten are entered as now taking medicine.

Frequent reference having been made, on former occasions, to the extreme desirability of planting the estate, which its exposed position renders peculiarly necessary, it was a matter of great regret to us to observe to-day that nothing has yet been

done with this view. Once more we press this on the attention of the Committee.

The number admitted since the visit of the 13th of November last has been 32 (15 males and 17 females); the discharges have been 6 (3 males and 3 females), 5 of the number having recovered; and the deaths have been 6 (4 males and 2 females), nothing unusual calling for remark in any of them.

JOHN FORSTER, } *Commissioners in*
JAMES WILKES, } *Lunacy.*

Report of the Medical Superintendent.

To the Committee of Visitors of the Newcastle-upon-Tyne Borough Lunatic Asylum.

MR. CHAIRMAN AND GENTLEMEN,

I have the honour to submit the Second Annual Medical Report of the Asylum.

On the 1st of January, 1866, there were in the Asylum 110 patients.

During the year 47 were admitted, so that 157 patients have been under treatment.

Eighteen have been discharged, and 11 have died. The number at present resident (December 31st, 1866) is 128, being greater by 18 than on the same day of the previous year. The average number resident has been 122.

Sixteen patients recovered, being 34 per cent. of the admissions.

The mean annual mortality is 9·01.

These results are very favourable, considering the present condition of the Asylum.

Two of the Commissioners in Lunacy visited the Asylums at Bensham and Coxlodge on the 21st of July, and reported favourably of the condition of both establishments.

In March the number of patients rapidly increased, and crowded Bensham to a great extent; the provision for thirty patients, however, at the Farm Buildings at Coxlodge became available in the following month, and at once relieved the pressure at the parent establishment. Hitherto this additional accommodation has been sufficient for the requirements of the borough.

Although Bensham has thus been relieved of its overcrowding, its structural faults render the management and treatment of the more acute, helpless, and erratic cases concentrated there a work of great difficulty and constant discouragement. When it is stated that all fresh acute cases coming into the Asylum must be put among the mass of patients, to excite or be excited by them, and that there is no room for classification, or even separation, some idea may be had of the difficulties to be encountered. It must be further remembered that those under care at Bensham are selected cases, too turbulent for the workhouse ward or Coxlodge, forming, in fact, a group similar to that found in the refractory wards of a large Asylum.

The cost of the maintenance of such cases is necessarily very great, and no reduction can be looked for until the new Asylum is opened.

ADMISSIONS.

19 males and 28 females—47 patients in all—have been received during the year. The bodily health in most cases has been very feeble. Among other complications, there are four of epilepsy, four of paralysis, and two of concussion of the brain and spinal cord.

For the most part, the mental disease has been acute, and has not existed for any length of time before admission. The probability of recovery is much greater in such cases than in those admitted from Sedgefield and Dunston Lodge last year.

A female patient was admitted suffering from severe bodily injuries; but Dr. Browne, in consultation with Dr. Embleton, finding no mental disease, had her discharged; she was, however, shortly afterwards brought back, labouring under dementia, and remains an inmate of the Asylum.

A man, recovered from an attack of typhus fever, was received, placed in quarantine for five days, and then allowed to mix with the other patients, without propagating the disease.

The causes assigned as mostly physical, hereditary taint, the great climacteric period, the puerpural state, exhaustion from various causes, and intemperance.

A young sailor fell from a yard-arm into the sea, striking the side of the ship in his descent. He was picked up, and seemed to recover rapidly; symptoms, however, of injury to the brain and spinal cord supervened, and he was sent to the Asylum. For several days he remained in great danger, suffering from coma and convulsions. He is now convalescent.

It is said that “poverty makes strange bedfellows.” Nowhere does it do so more remarkably than in the dormitories of our Lunatic Asylums. Lunacy is a fearful pauperiser and leveller. Side by side, in the same room, lie those who have known better days, who had wealth and friends, and those born of the dregs of the population, and dependent on the public funds for their support all their lives; the at one time industrious clerk or mechanic, and the criminal of low organisation, whose incorrigibility, and the utter uselessness of punishing, at last determine the magistrate to place in an Asylum; the virtuous, and those who never knew what virtue was; the man of sensitive nervous organisation, and the epileptic and idiot. Such strangers to each other are daily received and must live together in our Asylums, forming, indeed, a motley group, painful enough to look on, yet often mercifully incapable of appreciating its sad position.

DISCHARGES.

5 males and 11 females (in all 16) recovered. 1 female was relieved, and 1 male not improved. Of the recoveries, 8 were admitted in 1865, and the same number in 1866. The mass of the recovered had been resident in the Asylum from six to twelve months. The per centage of recoveries on the male admissions is 26·3, of the females 39·3. The patient discharged relieved is now entirely recovered. The man discharged not improved, a criminal lunatic, was transferred to Fisherton House Asylum, under the order of the Secretary of State for the Home Department.

DEATHS.

5 male and 6 female (in all 11) deaths have occurred during the year. The per centage of deaths on the average numbers resident is, among the males 8·06; among the females, 10·00; among both sexes, 9·01. This may be considered a low mortality, considering the number of acute cases concentrated in the Asylum. Disease of the nervous system caused death in seven instances; disease of the heart and lungs in three; and Bright's disease in one. The age at death varied from 25 to 60. Life was manifestly shortened by the mental disease in three males and two females. *Post mortem* examinations were made in six cases.

GENERAL HEALTH.

In the early part of the year there was a good deal of sickness, especially influenza and bronchitis, among the patients, but for the most part the inmates have enjoyed good health, and no serious epidemic has prevailed.

ACCIDENTS AND ESCAPES.

Fortunately no serious accident has taken place during the year; there have, however, been a considerable number of escapes, and this is not to be wondered at, considering the insecure state of the building, and the fact that when out of the house the patient may be said to be beyond reach. Tracing a runaway among such a large population as that which surrounds us is next to impossible, and the facility of concealment abound even at our doors.

In most cases the escaped were very soon brought back to the Asylum, but in two notable instances a considerable interval elapsed. In the case of a female, an old offender, who had frequently escaped from the better-constructed Durham County Asylum, and whose constant study is to get out of confinement,

the period of absence was 14 days. Her relatives supported her, and refused to give her up. It was, however, soon found that they could not manage her at home, and were glad to have her again placed in safety. This woman is a source of constant anxiety; as she is continually, day and night, plotting her own or the escape of some fellow patient. Her ingenuity and perseverance are inexhaustible, and her cunning and dissimulation a study.

The other runaway was a criminal lunatic, who escaped in July. Managing to elude the search, he made his way to London, where, however, he was speedily apprehended on suspicion of having burglarious intentions. He was taken before a magistrate, found insane, and sent to Hanwell Asylum. When in London he called at the Home Office, and enquired for Sir George Grey, as he was anxious to come to some understanding with him on the subject of his detention in the Newcastle Asylum. He was told that Sir George Grey was out of office, and that Mr. Walpole was there instead. On hearing this, he considered it was unnecessary to trouble Mr. Walpole, as Sir George Grey was the gentleman with whom he had to deal, and who had signed the warrant for his detention. He was brought back to Bensham on the 27th of July, having been a month away.

Although not producing the anxiety that has been lately felt in Ireland, or requiring such vigorous means of suppression, Fenianism might not be without its dangers in an asylum. Under the guidance of an active and energetic Head Centre, with a large field for his operations, and ability to utilize the peculiarities of his companions, considerable progress might be made in forming a conspiracy against the constituted authorities of such an establishment; but in this small community suitable materials are wanting, and the arch conspirator can only involve two other Irishmen in the circle of which he is the centre. This leading spirit at times believes himself to be a deeply-injured man, despised for his creed and his country, and when smarting under these fancied wrongs keeps himself aloof from his companions and cherishes vindictive feelings towards his fancied enemies. In this state of mind he is most active and energetic as a conspirator in the centre of his little band; he is ever busy stimulating their flagging zeal, and exasperating them against the officers and attendants. When the zeal of one of the brotherhood is at its height, the apathy of the others is apt to produce dissensions and heartburnings that disturb for a time the harmony of their proceedings, these seem, however, to be easily healed, as for the most part the brethren may be seen in deep consultation day after day, plotting and arranging what is known only to themselves. Thus

the circle went on a great part of the year, conspiring, quarrelling, and making it up again, without anything coming of it for a long time. And this is not to be wondered at, considering the mental state of the three men. Two of them were intensely suspicious, distrusting each other as well as every one surrounding them; and the other was so incoherent in his ideas, and so fitful in his moods, that it is difficult to conjecture by what tie he was bound to the rest. The disordered views of their surroundings, and the want of sympathy with each other, are the great obstacles to combinations among the insane, and hence the rarity of such in Asylums. There was perhaps only one subject on which the three minds could be as one, and on that they agreed. When this came about, the trio made a demonstration, intimated that its members demanded immediate liberty, and as strikes were common in the outer world at the time, resolved to strike if its demands were not forthwith complied with. Instead of refusing to work, however, the three refused to eat, which was perhaps a more direct way of bringing things to an issue. The thought of actually fasting proved sufficient for the least zealous of the Fenians, who never deprived himself of a meal. The second and third days passed, and still the ardour and hopes of the other two sustained them. The sight of their companions eating a comfortable dinner must have been very trying, but still they resolutely abstained; the fourth day's dinner proved irresistible, and the Head Centre was left alone fasting till the fifth day, when he at last gave in, after in vain urging his companions to resume the strike.

Since then, from time to time, long sederunts have been held. The clique, now reduced to two, with undiminished zeal plots and plans, but nothing practical has come of all its deliberations.

TREATMENT.

The treatment of the insane under care has been and will be conducted on broad, and, it is hoped, sound principles. Keeping in view the bodily state, it is the endeavour of the physician to rectify what is out of order, and to strengthen what is weak by the application of those remedies which are useful in various forms of bodily infirmity common amongst the insane. Whilst all is being done for the body, the mind will also be an object of constant attention and study, and efforts will be made to obtain the confidence of, and acquire an influence over, each individual case; to administer comfort, consolation, and support, or advice, remonstrance, or censure; to know what is passing in the mind of each, to withdraw morbid trains of thought, to suggest healthy, to awaken new, interests, and to stimulate to varied occupation.

This shall not be the work of the physician alone ; all his assistants should work to the same end. The other officers, nurses, and attendants, shall endeavour to carry out his views, and for a strong, healthy current of good feeling and sense, which, pervading the Asylum, will be a powerful influence for good to the minds of the afflicted.

It is only in combining these two great engines in the treatment of the insane that the greatest amount of success will be obtained, not only in the number of cures, but in the tranquillity and happiness of the patients. Many a hard lot may be made endurable, and boisterous and irritable spirits more subdued and peaceful when the medical and moral forces of a well-regulated Asylum are in full operation.

OCCUPATION.

Occupation, as a means of treatment, holds a first place, and hence every effort is made to keep all employed, suiting the task to the capacity of each. The women have not only done the necessary work of the house, keeping up a stock of new and repairing old things, but have also made articles of clothing for one of the drapers in town. The conversion of the old kitchen into a workroom adds much to the comfort of the industrious. The males have had ample employment in the gardens and workshops. Tailors and shoemakers have been constantly employed in renewing and repairs. All the best spademen have been trenching for the planting at the New Asylum Estate, and a great deal of valuable work has been accomplished. The healthy looks of the men thus occupied show the usefulness of such employment as a means of restoring bodily vigour.

RELIGIOUS SERVICES.

The Rev. J. J. Day, Chaplain to the Asylum, or his Curate, reads prayers and preaches every Wednesday, in the large day room, and as many patients as possible attend. From ten to twenty attend the Parish Church on Sunday mornings, and prayers are read in the afternoon by one of the officers. The Chaplain frequently visits the wards, and exhorts the sick and those desiring his assistance. He has also twice visited Cox-lodge, and performed service there. A large number of patients at the Farm go to Gosforth Church on Sundays, and on no occasion has there been any impropriety of conduct.

For the last three months, a class for sacred music has been held, under the superintendence of Mr. Frederick Horsley, who kindly interests himself in the instruction of the Asylum choir.

AMUSEMENTS.

An important element in the treatment of the patients is their amusements, not merely as a means of cure, but as a humanizing influence among those who are naturally or have fallen low in the scale. The weekly dancing parties are attended by all who can possibly go, and are certainly invaluable in the way of cheering an otherwise monotonous life, and giving a wonderful amount of pleasure to a great number who otherwise would be moping or raving.

Several theatrical representations have taken place during the year, and patients have acted along with the nurses and attendants. Parties of patients have attended some of the amusements in town; and groups of both sexes walk into the country, and have never, by their conduct, given occasion for complaint.

The Committee of Visitors provides an ample supply of periodicals and news, and illustrated papers; and it is hoped that, ere long, a library of instructive and amusing books will be at the service of the inmates.

THE STAFF.

The change of Medical Superintendent checked the progress of the Asylum, and led to an almost entire reorganisation of its staff of nurses and attendants. It is hoped their successors will uphold the well-earned reputation of Dr. Browne and his assistants.

My thanks are due to Miss Chapman and Mr. Scott for their support and assistance when I entered on my duties as Medical Superintendent, and for the willingness they have always displayed in carrying out my views. The nurses and attendants deserve commendation for their performance of duties by no means easy.

CONCLUSION.

In concluding this report, Gentlemen, I beg to thank you for the uniform encouragement and support you have given me in the discharge of my duties, and for the readiness with which you have acceded to those suggestions I thought it necessary to make.

HUGH GRAINGER STEWART, M.D. (Edin.),

Medical Superintendent.

January 1st, 1867.

TABLE I.,

Showing the Admissions, Re-Admissions, Discharges, and Deaths during the Year 1866.

				Males.	Females.	Total.
In the Asylum 1st January, 1866				56	54	110
				Males.	Females.	Total.
Admitted for the first time during the year...				18	25	43
Re-Admitted during the year				1	3	4
				19	28	47
Total under care during the year				75	82	157
Discharged or removed						
Recovered				5	11	16
Relieved				...	1	1
Not improved				1	...	1
Died				5	6	11
Total discharged and died during the year				11	18	29
Remaining in Asylum 31st December, 1866				64	64	128
Average numbers resident during the year				62·087	60·663	122·750

TABLE II.,

Showing the Admissions, Re-Admissions, Discharges, and Deaths, from the opening of the Asylum to the present date, December 31st, 1866.

				Males.	Females.	Total.
Persons admitted during the period of 1½ years ...				76	81	157
Re-Admissions				1	3	4
Total number of cases admitted				77	84	161
				Males.	Females.	Total.
Discharged or removed						
Recovered				7	11	18
Relieved... ..				...	1	1
Not improved				1	...	1
Died				5	8	13
Total discharged and died during the 1½ years ...				13	20	33
Remaining 31st December, 1866				64	64	128
Average numbers resident during the 1½ years ...				57·237	56·372	113·609

TABLE No. III.

Showing the Admissions, Discharges, and Deaths, with the Mean Annual Mortality and Proportion of Recoveries per Cent. of the Admissions for each Year since the Opening of the Asylum.

Years.	Admitted.			Discharged.									Died.			Remaining 31st Dec., 1866.			Average Numbers Resident.			Per centage of Recoveries on Admissions.			Per centage of Deaths on Average Numbers Resident.		
				Recovered.			Relieved.			Not improved.																	
	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.	Male.	Female.	Total.			
From the opening of the Asylum to 31st Dec., 1865.	58	51	114	2	...	2	...	...	...	...	2	2	49	41	93	47-968	48-173	96-141	3-4	...	1-7	...	4-15	1-75			
	19	28	47	5	11	16	...	1	1	1	5	6	11	20	35	62-087	60-663	122-750	26-3	39-3	34-08-06	10-00	9-01				
Totals—1½ Years. Averages.	77	82	161	7	11	18	...	1	1	1	5	8	13	64	128	55-027	54-418	109-445	9-09	11-18	9-09	14-81	11-91				
	38	42	80	3-5	5-5	9	...	.5	.5	.5	2-5	4	6-5	32	62	...	...	...	14-8	19-6	17-8	4-03	7-7	5-37			

TABLE V.,

Showing the Causes of Death during the Year.

CAUSES OF DEATH.								Males.	Females.	Total.
CEREBRAL OR SPINAL DISEASE :										
Apoplexy and Paralysis								...	...	...
Epilepsy and Convulsions								..	1	1
General Paralysis								3	2	5
Maniacal and Melancholic Exhaustion or Decay...								1	...	1
Inflammation and other Diseases of the Brain, {									...	...
Softening, Tumour, &c.								...	...	...
THORACIC DISEASE :										
Inflammation of the Lungs, Pleura, and Bronchi								...	1	1
Pulmonary Consumption								...	1	1
Disease of the Heart, &c.								...	1	1
ABDOMINAL DISEASE :										
Inflammation of the Stomach, Intestines, or {								1	...	1
Peritoneum										
Dysentery and Diarrhœa								...	...	...
Fever								...	...	...
Erysipelas								...	...	...
Cancer								...	...	...
General Debility and Old Age								...	...	...
Suicides and Accidents								...	...	...
Total								5	6	11
Ascertained by <i>post mortem</i> examination								3	3	6

TABLE VI.,

Showing the Length of Residence in those Discharged Recovered, and in those who have Died during the Year.

							RECOVERED.			DIED.		
							Males.	Fem.	Total.	Males.	Fem.	Total.
Under 1 month	...	...	...	...	...	...	...	1	1	...	...	...
From 1 to 3 months	...	...	...	...	...	...	...	1	1	1	1	2
„ 3 to 6 „	...	...	...	...	...	...	1	2	3	...	1	1
„ 6 to 9 „	...	...	...	...	...	...	3	5	8	1	...	1
„ 9 to 12 „	...	...	...	...	...	...	1	1	2	1	1	2
„ 1 to 2 Years	...	...	...	...	...	...	...	1	1	2	3	5
Total	...	...	...	...	...	...	5	11	16	5	6	11

ADMISSIONS, 1866.

1.—*Social Condition of those Admitted.*

	Males.	Females.	Total.
Single	9	11	20
Married	10	9	19
Widowed	...	8	8
Total	19	28	47

2.—*Occupation of those Admitted.*

	Males.	Females.	Total.
Iron Trades	3	1	4
In-door Trades	3	2	5
Out-door Trades	10	1	11
Soldiers and Sailors	2	...	2
In-door Female Occupation	...	13	13
No Occupation	9	11	12
Total	19	28	47

3.—*Causes of Mental Disease.*

	Males.	Females.	Total.
Hereditary	1	4	5
Intemperance	3	1	4
Bad Health	1	1	2
Epilepsy	2	...	2
Injury to the Brain	1	2	3
Moral Causes	...	2	2
Climacteric period	...	7	7
Puerperal	...	2	2
Unknown	11	9	20
Total	19	28	47

7.—*Bodily Health on Admission.*

	Males.	Females.	Total.
Good	3	1	4
Indifferent	8	13	21
Bad	8	14	22
Total	19	28	47

8.—*Mental Disease of those Admitted.*

	Males.	Females.	Total.
Mania	4	5	9
A potu	3	...	3
Puerperal	...	2	2
Hysterical	...	2	2
Chronic	...	2	2
Melancholia	1	11	12
Monomania	1	...	1
Suspicion	2	1	3
Pride	...	1	1
Dementia	5	2	7
General Paralysis	3	...	3
Imbecility	...	1	1
Not Insane	...	1	1
Total	19	28	47

1.—DISCHARGED, 1866.

Recovered.			Relieved.			Not Improved.		
Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
5	11	16	...	1	1	1	...	1

2.—*Age at the Time of Discharge.*

Years.	Males.	Females.	Total.
10 to 20	...	4	4
20 to 30	3	3	6
30 to 40	1	2	3
40 to 50	2	2	4
50 to 60	...	1	1
Total	6	12	18

3.—*Mental Disease of Discharged.*

	Males.	Females.	Total.
Mania	3	4	7
Hysterical	...	1	1
Puerperal	...	2	2
Periodic	...	1	1
Melancholia	1	2	3
Religion	...	1	1
Monomania	1	...	1
Dementia acute	...	1	1
Moral Insanity	1	...	1
Total	6	12	18

4.—*Duration of the Mental Disease in Discharged.*

	Males.	Females.	Total.
Under 1 year	5	10	15
" 2 "	...	2	2
" 3 "	...	...	...
" 4 "	1	...	1
Total	6	12	18

DEATHS.

1.—*Age at Death.*

Years.	Males.	Females.	Total.
10 to 20	...	...	...
20 to 30	1	2	3
30 to 40	2	1	3
40 to 50	1	1	2
50 to 60	1	2	3
Total	5	6	11

2.—*Mental Disease of those who Died.*

	Males.	Females.	Total.
Mania	1	1	2
Melancholia	1	2	3
Dementia	...	1	1
General Paralysis	3	2	5
Total	5	6	11

3.—*Duration of Mental Disease in those who Died.*

							Males.	Females.	Total.
Under 1 year	...	...	...	...	...	...	1	1	2
„ 2 years	...	...	...	..	...	...	1	2	3
„ 3 „	...	...	...	...	...	...	3	1	4
„ 4 „	...	...	..	...	..	..	...	1	1
Unknown	...	...	...	..	...	...	...	1	1
Total	...	...	...	...	...	...	5	6	11

4.—*Causes of Death.*

							Males.	Females.	Total.
General Paralysis	...	..	...	...	...	...	3	2	5
Bright's Disease	...	...	...	...	...	...	1	...	1
Hydrothorax	...	...	...	...	...	...	...	1	1
Phthisis Pulmonalis	..	..	...	...	...	...	...	1	1
Disease in Blood-vessels	...	...	..	...	...	...	...	1	1
Epilepsy	...	...	...	...	...	...	...	1	1
Maniacal Exhaustion	...	...	..	...	...	...	1	...	1
Total	...	...	...	...	...	...	5	6	11

5.—*Post-mortem Examinations.*

Males.	Females.	Total.
3	3	6

Average Cost per Week of each Patient during the Year ending 31st December, 1866.

Daily average of Number Resident—122·750.

	s	d.
Provisions	6	4·420
Clothing	0	8·281
Salaries and Wages	2	0·311
Necessaries	0	9·596
Surgery and Dispensary	0	1·318
Wine, Spirits, &c... .. .	0	2·865
Furniture and Bedding	0	3·870
Garden	0	1·734
Rent, Taxes, and Insurance	1	5·438
Miscellaneous	0	9·373
Horses and Stable	0	5·306
Repairs	0	2·838
Funeral Expenses	0	0·486
Total	13	7·836
Less Cash received by Sales, &c.	0	2·333
Average Weekly Cost per head	13	5·503

RULES AND REGULATIONS

OF THE

NEWCASTLE-UPON-TYNE

Borough Lunatic Asylum.

(APPROVED BY THE SECRETARY OF STATE FOR THE HOME
DEPARTMENT.)



Newcastle-upon-Tyne :

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1867.

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RULES.

The Committee of Visitors.

1.—The committee of visitors, elected in accordance with the 16th and 17th Victoria, cap. 97, shall meet at the Asylum, within one month of their appointment, and at such other times as such committee may think fit ; and their proceedings shall be entered in a book kept for the purpose, which shall be signed by the chairman. Three shall form a quorum.

2.—At the first meeting of the committee, after their election, a chairman shall be appointed.

3.—They shall hold their ordinary meetings once a month, upon such days as may be agreed upon, and two of their number shall, once at least in every two months, inspect the Asylum, and see, as far as circumstances will permit, every patient therein ; entering in a book to be kept for that purpose, their opinion of the condition of the Asylum and of the patients therein, and also such other statements and suggestions as they may deem expedient.

4.—They shall appoint or remove the officers of the Asylum, determine upon all rates of payment, and matters of extraordinary expenditure ; arrange all contracts for the supply of food, clothing, and necessaries ; inspect the medical and general books ; and the orders, certificates, and returns relative to patients ; examine the tradesmen's bills, sign checks for their payment ; audit the quarterly abstract of accounts ; and exercise all other powers entrusted to them by the legislature.

5.—They shall hold a special meeting in the month of December of each year, for the purpose of adopting a report to be presented to the Justices of the Borough, at a Special Meeting to be convened for the purpose.

6.—They shall alter or amend any of the rules or regulations of the Asylum, as they may deem expedient, always provided that no such alteration or amendment shall take effect until it has received the sanction of one of Her Majesty's principal Secretaries of State ; and provided also, that no General Rule shall be altered except at some quarterly Board, or at some special Board to be assembled for the purpose, of which ten days' notice (stating the particular object of such Board) shall be given.

Clerk to the Visitors.

1.—He shall be considered the law officer and adviser of the committee of visitors, and shall prepare all contracts and legal documents. He shall convene and attend all meetings of the committee of visitors, and take minutes of their proceedings, reading these at the next ensuing meeting, and taking such steps as he may deem necessary for carrying into effect the orders and resolutions of the committee.

2.—He shall assist the visitors in their books of accounts, the quarterly abstract of expenditure in maintenance, and the accounts of the treasurer, and in preparing the Visitors' Annual Report for publication.

3.—He shall also assist in keeping the bills and accounts concerning the maintenance of the fabric, and in communicating with the borough treasurer thereon.

4.—He shall prepare and cause to be printed and circulated, the Annual List of Visitors, and an annual abstract of the Lunatic Returns, and shall transact all the ordinary duties of clerk to the visitors as prescribed by the statute.

The Treasurer.

The treasurer shall keep an account of all monies paid to and

by him, and shall annually make up a statement to the 31st day of December, showing the balance in hand, if any.

The Resident Medical Superintendent.

1.—He shall be a legally qualified medical practitioner, and shall engage only in duties connected with his office.

2.—He shall be superintendent of the Asylum, shall regulate the whole establishment, and shall have entire control over the officers, attendants, nurses and servants of the Asylum, with authority to discharge attendants, nurses and servants, and hire others in their places, whenever he may deem it expedient to do so, reporting the same to the visitors at their next meeting.

3.—He shall be responsible for the condition of the Asylum, for the management and condition of the patients, and shall have the direction of the medical, surgical, and moral treatment of the patients.

4.—In any case of danger or difficulty, he shall have the power to call in, in consultation one or more of the physicians or surgeons practising in the neighbourhood.

5.—He shall visit every ward of the Asylum at least once a day, and shall take care that the medicines prescribed are duly administered.

6.—He shall classify the patients of both sexes, shall determine the diet of the sick and infirm, and shall report to the committee of visitors from time to time on the quantity and quality of provisions furnished for the use of the patients.

7.—That he shall keep a journal, in which he shall make the following entries, viz. :—1st. The name of every attendant and servant whom he shall suspend, together with the date and cause of such suspension ; and 2nd, The name of every patient fit for discharge, or who shall have escaped since the last visit of the committee, and all such other facts, observations, and suggestions as he

shall deem important, relative to the condition or management of the Asylum or the patients therein. And that such entries shall be read, as part of the proceedings, at the next meetings of the house committee and committee of visitors respectively.

8.—He shall make an annual report of the number of admissions, removals, and discharges of patients during the year, together with the general state of the Asylum.

9.—He shall never absent himself for more than one night, without the previous consent of one of the committee of visitors, and shall then provide for the proper performance of his duties, and the residence of a medical man in the Asylum during his absence.

10.—That in all cases of fatal or dangerous accident or other emergency, the Superintendent shall immediately communicate the fact in writing to the members of the house committee, any one of whom shall thereupon be empowered to summon a special meeting of the same committee, as soon as practicable.

Medical Assistant.

1.—He shall be a legally qualified medical practitioner, be under the control of the Medical Superintendent, and give up the whole of his time to the duties of his office.

2.—He shall visit each ward at least twice a day, and more frequently if required.

3.—He shall keep a record of the cases of all the patients, describing the history, symptoms, mode of treatment, and all material circumstances connected therewith.

4.—He shall compound the medicines, and punctually attend to every remedial means prescribed for the patients.

5.—He shall exercise a general control over the conduct of the attendants, nurses, and servants, promptly reporting any neglect of duty, or misconduct on their part, to the Medical Superintendent.

6.—He shall exert what moral influence he can with the patients for their benefit, and promote their employment and recreation to the utmost of his power.

7.—In the temporary absence of the Medical Superintendent, he shall receive the patients, make the proper entries, and discharge such other duties as may in that case devolve upon him.

8.—In his occasional absence from the Asylum, he shall conform to the directions he may receive from the Medical Superintendent as to its duration, and the period of his return.

The Chaplain.

1.—He shall be a clergyman of the Established Church, and shall perform Divine Service, and preach a sermon every Sunday, Christmas Day, and Good Friday, and on such other days as the committee of visitors may direct.

2.—He shall visit the wards under the direction of the Medical Superintendent, and shall administer religious consolation to those patients who may be pointed out to him, as in a fit state to derive benefit from such ministrations.

3.—He shall administer the Sacrament of the Lord's Supper, from time to time to such of the officers, attendants, nurses, and servants, as may desire it, and to such of the patients who may also desire it, being in a fit state of mind to receive it.

4.—When absent, he shall communicate with the Medical Superintendent, and provide a properly qualified substitute.

Clerk and Steward.

1.—The house steward shall also act as clerk to the Asylum, and shall be under the control of the committee of visitors, and the Medical Superintendent, and shall be subject to the directions of the latter.

2.—He shall devote his whole time to the duties of his office, shall not engage in any other undertaking, shall give security to the committee of visitors in such sum as they may deem sufficient for fidelity in the duties of his office, and shall neither directly nor indirectly receive any gratuity from tradesmen or others.

3.—He shall take care of all books and papers (except the medical and visitors books), and shall be responsible for the quantity, quality, and safe keeping of all articles supplied for the use of the establishment, which he shall in no case receive without an invoice to be signed by himself, and filed when found correct.

4.—He shall personally attend the issues of all articles from the stores, at the days and hours appointed, agreeable to the regulations, or special orders signed by those entitled to authorize such issue, and in particular, shall supervise the weighing out, measuring, and division of the provisions in accordance with the diet tables.

5.—He shall immediately report to the Medical Superintendent any failure in the quality or quantity of goods or provisions received, and also whatever he knows to be improper or contrary to order in the economy of the house, or in the conduct of the servants.

6.—He shall take stock once a quarter, and shall keep accurate inventories of all the household goods, furniture, farm and other implements, tools, bedding, and clothing belonging to the Asylum (except such as are kept an account of by the housekeeper) and shall report forthwith to the Medical Superintendent any deficiencies which he may discover.

7.—He shall not allow any article of furniture or clothing, or any implements, or tools, to be distributed for the use of the establishment until it has received the Asylum mark, and shall not issue any article of consumption beyond the regular allowance, without the order of the Medical Superintendent.

8.—He shall make all returns to the Secretary of State, Commissioners in Lunacy, and other authorities as required by law, pre-

pare the tables for the Annual Report, execute such writing and supply the Medical Superintendent with such financial information as he may require.

9.—He shall keep accurate accounts of all monies paid and received, of all goods ordered, and such other books as shall from time to time be ordered by the committee of visitors to be kept in the establishment. He shall daily enter in these all such particulars as may be considered necessary to show the true state of the current accounts of the Asylum.

10.—He shall show to the Medical Superintendent all letters which he may receive relative to the Asylum, and submit to him his replies, keeping copies of the same when required.

11.—In his occasional absence from the Asylum, he shall conform to the directions which he may receive from the Medical Superintendent as to its duration, and the period of his return.

The Housekeeper.

1.—She shall devote her whole time to the duties of her office, and shall be under the control of the Medical Superintendent.

2.—She shall have charge of the kitchen, laundry, and drying yards, the chapel, and the officers' and servants' apartments, and shall be responsible for their clean and orderly condition.

3.—She shall superintend the preparation of the meals for the patients, officers and attendants, nurses, and servants ; see that the articles of food are properly dressed and served at the appointed hours, and prevent any one from loitering in the kitchen.

4.—She shall pay strict attention to the state of the laundry, and take care that the clothing, bedding, and linen are duly returned and kept clean, and in a good state of repair.

5.—She shall immediately report to the Medical Superintendent any waste, carelessness, or misconduct which may come to her knowledge.

6.—She shall have charge of the linen stores of the Asylum, and shall keep the requisite accounts of her department.

7.—She shall not deliver any articles to the wards without their being properly marked.

8.—She shall cut out, and supply the nurses with the needlework necessary for the employment of the patients, and see that all articles are duly returned and inventoried.

9.—In her occasional absence from the Asylum she shall conform to the directions she may receive from the Medical Superintendent as to its duration and the period of her return.

General Management.

1.—The person of every patient (male and female) shall, immediately after admission, be carefully examined by the head attendant in each division, who shall forthwith report in writing to the Medical Superintendent the bodily condition of the patient, and especially any bruise, injury, or mark which may have been observed in such examination; and it shall be the duty of the Superintendent, upon receiving notice of the existence of any recent injury or apparent bodily disorder, at once himself to make a personal examination of the patient.

2.—The male and female patients shall be kept in separate wards. No male attendant, servant, or patient shall enter the female wards except by express direction of the Medical Superintendent.

3.—An adequate number of attendants and nurses, having reference to the mental condition of the patients in each ward, shall be

employed, and no ward shall at any time be left without proper supervision.

4.—There shall be a head attendant and a head nurse in the male and female wards respectively ; and they shall (subject to the paramount authority of the Medical Superintendent) have a control over the other attendants and nurses ; instruct them in their duties, and see that such duties are punctually and efficiently performed.

5.—At least one room on the male and female side respectively shall be appropriated as infirmaries for the different sexes, and where practicable the nursing in the male infirmary shall be conducted by females.

6.—During the day the patients of both sexes shall be employed as much as possible, especially out of doors ; the men in gardening and husbandry, and the women in occupations suitable to their ability ; and as a principle of treatment, endeavours shall be continually used to occupy the minds of the patients, to induce them to take exercise in the open air, and to promote cheerfulness and contentment amongst them.

7.—Tools shall be provided, and artizans and others encouraged to follow their particular callings, and to learn shoemaking, tailoring, and other common useful trades ; while needlework and other light employment shall be provided for the women.

8.—An ample supply of books and cheap publications of a cheerful nature (in addition to Bibles and Prayer Books) shall be provided and kept up in case of destruction, and various means of amusement shall be placed at the disposal of patients of both sexes.

9.—The airing ground attached to the several wards are to be generally accessible to the patients every day when the weather is favourable.

10.—A night attendant and a night nurse shall be appointed, who shall visit the various wards at stated intervals during the

night ; administer food or medicine when ordered ; and perform any other duties assigned to them.

11.—No dormitory for male patients (excepting rooms for single patients) shall contain less than three beds ; a space of at least two feet six inches shall be left between the beds, and all the male patients shall occupy separate beds.

12.—No patient shall be secluded at any time (except by medical authority) or kept in seclusion longer than is expressly sanctioned by such authority.

13.—No stranger shall be admitted into any part of the Asylum occupied by patients except by the written authority of one of the committee of visitors, or one of the Commissioners in Lunacy, or by permission of the Medical Superintendent.

14.—Near relations, and friends of the patients, shall be allowed to visit them on any day, and in exceptional cases on Sundays, between the hours of ten and four o'clock, subject to the permission of the Medical Superintendent, who shall state in writing when he refuses to admit them.

15.—Upon every visit made by a male relation or friend, or by a parish officer to a female patient, a nurse shall be present, and remain in the room during the interview.

16.—All the attendants and nurses shall be instructed to treat their patients kindly, discreetly, and impartially ; and never upon any pretext whatever to strike, or speak harshly to them. They shall be held responsible for the safety, cleanliness, and general condition of the patients ; and for the ventilation, proper warmth, and good order of their respective wards.

17.—No patient shall pass beyond the Asylum premises until discharged by due authority, unless the temporary absence of such patient be permitted under the power contained in the 79th and 124th sections of the 16th and 17th Vic., cap. 97 ; or unless the Medical Superintendent shall give express directions to that purpose.

I approve the foregoing Rules for the Regulation of the Newcastle-upon-Tyne Borough Lunatic Asylum.

S. H. WALPOLE.

Whitehall, 29th December, 1866.

